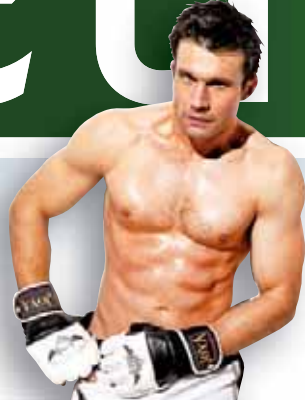




EDMONTON
metro





NEWS
WORTH
SHARING.


**budget
printing**
www.bprint.com



MARCH SPECIAL
250 Magnets for \$95
*layout extra 2" x 3.5" Full Colour
15616 - 116 Ave, Edmonton • 780.451.4546 • www.bprint.com

SCHWARZENEGGER'S GOT NOTHING ON THIS

ACTOR DILLON CASEY GIVES YOU A GLIMPSE INTO HIS WORKOUT ROUTINE, AND OFFERS A WARNING TO THE MUSCULAR SCHWARZENEGGER TYPES **PAGE 14**

The Downtown Business Association Presents
DOWNTOWN DINING WEEK
Ten days. Three prices. Dozens of delectable meals.
Downtown's finest restaurants present tantalizing, multi-course meals at special prices.
\$15 \$25 & \$50

GRAND PRIZE
Win Your Own Wine Cellar!!
50 bottles of wine from deVine Wines and a wine cooler!

10th ANNUAL DOWNTOWN DINING WEEK
MARCH 15-24, 2013

Dine out to win mouth-watering prizes!

Celebrate Downtown's Culinary Creativity!
edmontondowntown.com
@DBAveg



School teacher faces multiple sex charges

Saint Basil Catholic. Superintendent says she's 'heartbroken' over the charges

ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

The Edmonton Catholic School Board has launched an internal investigation after a 27-year-old teacher from Saint Basil Catholic School allegedly had a sexual relationship with a 15-year-old student.

Piotr Zaloba has been charged with a number of offences, including sexual assault and invitation to sexual touching and luring a child.

Zaloba was on a temporary contract at the school.

At a news conference on

Monday, the superintendent of the Edmonton Catholic School Board said she was "heartbroken and devastated" by the news.

"It is that sacred trust between teacher and student and that has been violated and I believe there is nothing worse than that," said Supt. Joan Carr.

Carr insisted that the district's schools are safe places and said the incident is an isolated event.

Once the district received information from the Edmonton police, Zaloba was suspended, said Carr.

Insp. Dave Spiers, with the Serious Crimes Branch of the Edmonton Police Service, said the sexual relationship was reported to police on Friday.

School staff were told of the charges at a meeting

on Sunday evening and the school's 356 students were notified on Monday.

Carr would not say how long Zaloba has taught at the school.

"You've got the age so you know that he is a young teacher," she told media.

She also offered few details on who reported the alleged crime.

"My information came from Edmonton Police Services and I believe they would answer that question," she said.

However police refused to answer any questions about the case at Monday's press conference, citing the ongoing investigation.

Any individual who may have been victimized or have further information is encouraged to contact EPS at 780-423-4567.



Joan Carr, superintendent of the Edmonton Catholic School Board, speaks to the media at a press conference at Edmonton Police Headquarters on Monday about a number of charges against a teacher. ANNALISE KLINGBEIL/METRO

**TAX
TIPS**

Don't forget your education expenses on your tax return.
Students enrolled at eligible Canadian post-secondary institutions might be entitled to a tax credit for tuition and ancillary fees (such as library fees) paid per calendar year.
This tax tip brought to you by Alberta's Chartered Accountants.
For more information, or to see all of the useful tax tips, please visit:
www.albertaCAs.ca





MID-SEASON SALE. ITEMS FROM \$7*

Hurry in store to find amazing fashions for women, men, teens and kids.



*OFFER APPLIES TO SELECTED MERCHANDISE FOR A LIMITED TIME AT H&M STORES IN CANADA. THE OFFER IS NOT VALID IN CONJUNCTION WITH ANY OTHER OFFER OR PREVIOUSLY PURCHASED MERCHANDISE. ITEM SHOWN IS NOT INCLUDED IN THE OFFER. AVAILABILITY MAY VARY BY STORE. VISIT WWW.HM.COM FOR STORE LOCATIONS. TERMS AND CONDITIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Autopsy

Teen's death ruled a homicide, police say

The death of an 18-year-old man found in a car on Sunday morning was a homicide, city police say.

That's the conclusion following an autopsy Monday of Mohamed Jama Salad, of Edmonton.

Salad died of multiple stab wounds.

Friends turned to social media to remember the teen, who was also known as Moe.

"RIP (S)alad, always the funniest guy in our gym class," posted a friend on Twitter.

"RIP Salad ... everyone knew you and talked to you at least once and wouldn't regret it, funniest kid," said another tweet.

The details surrounding the teen's death remain murky.

Salad was found dead in a vehicle parked near 133 Avenue and 97 Street by police and paramedics responding to a call around 11:20 a.m. on Sunday.

A crime scene located in an alley nearby, in the area of 94 Street and 138 Avenue, was processed by investigators on Sunday.

Police said it was reported to them that Salad was being driven to hospital by friends, however, he was already dead when police and paramedics arrived.

Police are continuing to investigate and do not have any suspects at this time. Anyone with information is asked to contact the police's non-emergency line at 780-423-4567 or #377 from a mobile phone.

ANNALISE KLINGBEIL/METRO



A conceptual drawing shows the proposed LRT route through the Strathearn neighbourhood. An Edmonton couple in the path of the city's LRT's expansion pleaded on Monday with city councillors to save a part of their yard. CONTRIBUTED

Couple's plea heard ahead of LRT expansion

Frustration. Expropriation process moves forward as residents in path of new LRT plead with council

RYAN TUMILTY
ryan.tumilty@metronews.ca

One Edmonton couple in the path of the city's LRT's expansion pleaded with city councillors to save their oasis Monday.

Sharon Morganson and her husband Wayne Brown came to the city's executive committee meeting to ask

the city not to take a seven-metre triangle off the corner of their yard.

"It doesn't look like much, but it really changes the way we can enjoy our property," she said.

Brown said the small corner would cut off access they currently have onto 95th Avenue. He said the current laneway into the property is used for an extensive Halloween set-up every year and allows him to have an escape from the city.

"There is not another laneway in the city like that. You walk off the street and the city goes away and it is quiet," he said.

Councillors asked city administration to work with the

couple before the full council is asked to vote on expropriation next week.

Coun. Ben Henderson, who represents the area, said he hopes the city will find a win-win way to resolve the issue.

"I think there may be a happy solution if we can just pull this piece off," he said.

Administration told councillors with the fall election and the lengthy process involved, they need to start the expropriation process now.

"We are requesting permission today to be able to use expropriation as a tool if we are not able to come to a deal," said Nat Alampi, the project manager following the meeting.

\$1.8B project

- The city is applying to the federal government to help fund the \$1.8 billion LRT project. Part of the city's application includes a commitment that all the necessary land will be in place by January 2014.
- The proposed line will run from Mill Woods to Churchill Square in the first phase and the second phase of the project will take it out to West Edmonton Mall.

1 NEWS

edmonton.MINI.CA

INI MINI MINY MORE.

2013 MINI COOPER KNIGHTSBRIDGE[†]

A special edition, value-packed MINI that comes with everything you'd expect, and more:

- » Glass Sunroof
- » Heated Seats
- » Bluetooth & USB Audio Interface

LEASE RATE	MONTHLY PAYMENT	DOWN PAYMENT	FINANCE RATE	BI-WEEKLY PAYMENT	DOWN PAYMENT
1.9% FOR 48 MONTHS	\$338	\$0	1.9% FOR 60 MONTHS	\$211	\$0

HIBER-NOT EVENT

FUEL EFFICIENT

HIGHWAY 5.2 L/100 KM

CITY 8.5 L/100 KM

NO-CHARGE SCHEDULED MAINTENANCE^{†††}

3 YEARS / 50,000 KM

COME IN AND VISIT US TODAY

MINI EDMONTON

7450 ROPER ROAD • 1.855.300.1526

Vehicles not exactly as shown. Selling price of a 2013 MINI Cooper Knightsbridge starts at \$25,595, which includes MSRP (\$23,600), freight & PDI (\$1,995) and A/C Tax (\$100). Lease and finance rates are those offered by MINI Financial Services Canada only on approved credit (OAC). *Lease rate of 1.9% available for up to 48 months. Lease example based on \$338 a month for 48 months. Security deposit, HST, administration fees, licence, insurance, registration, taxes, EHF, tire, fleet and battery fees, similar taxes levied on the manufacturer (if charged by the retailer), and PPSA are extra. Total obligation is \$16,319. The residual value of the vehicle at end of term is \$11,275. Annual kilometres limited to 12,000; \$0.15 per excess kilometre. Excess wear-and-tear charges may apply. Retailers are free to set individual prices and charge administration fees, which may change the APR or the price of the vehicle. Delivery must be taken by April 1, 2013. **Finance rate of 1.9% available for up to 60 months. Finance example: MSRP of \$23,600 at 1.9% APR for 60 months requires a bi-weekly finance payment of \$210.70 with \$0 down payment. Cost of borrowing is \$1,280.51 and total obligation is \$27,390.51. Delivery must be taken by April 1, 2013. Offer requires Retailer participation. Offer is subject to availability and may be cancelled or changed without notice. Certain conditions apply. See your local MINI Retailer or MINI.ca for full details. Delivery must be taken by April 1, 2013. †Vehicle shown is equipped with the optional 16" Alloy Wheels (\$390). ††Fuel efficiency is only applicable to the 2013 MINI Cooper Knightsbridge with manual transmission. †††New 2013 MINI vehicles purchased from an authorized MINI Retailer in Canada are covered by a No-Charge Scheduled Maintenance Plan for 3 years or 50,000 km, whichever comes first. Certain limitations apply. ©2013 MINI Canada. "MINI", the MINI logo, MINI model designations and all other MINI related marks, images and symbols are the exclusive properties and/or trademarks of BMW AG, used under licence.

Budget 2013. Alberta borrowing with no plans for repayment: Wildrose

Premier Alison Redford's plan to borrow billions of dollars for infrastructure is so underfunded it will take until the end of the century to pay it all back, the opposition Wildrose party charged on Monday.

"The debt-repayment plan that this premier is proposing (in the new budget) does almost nothing to pay down the \$17 billion in debt," Wildrose leader Danielle Smith said.

She noted that the budget allocates \$205 million to debt repayment by 2016, when a balance of \$17 billion will be borrowed.

Billion-dollar babies

\$4.3B

The budget unveiled last week suggests the government could borrow \$4.3 billion this year for a series of major capital projects.

Finance Minister Doug Horner told the legislature that the Wildrose numbers are misleading. He said when the money is borrowed there will be a plan to pay it back in a timely fashion.

THE CANADIAN PRESS

New store at WEM

Tiffany's coming, and, no, they don't serve breakfast

Little blue boxes will soon become a more common sight in Edmonton.

Renowned jeweller Tif-

fany & Co. plans to open a store in West Edmonton Mall this fall.

The store will occupy a prominent 3,000 square feet, a news release says.

Tiffany's new store at West Edmonton Mall will be the company's first location in Edmonton and 12th in Canada. **METRO**

New playground programs get green light from council



The city hopes that with standardized designs and templates, community groups will be able to build a playground quicker. RYAN TUMILTY/METRO

Templates for building. But critics fear approach will lead to lack of choice

RYAN TUMILTY
ryan.tumilty@metronews.ca

City councillors are looking at ways for both new and old neighbourhoods to build parks, but some fear it will lead to "cookie-cutter" development.

One proposed program would create a set of templates for playgrounds in older neighbourhoods, allowing communities to pick a plan, which city administration says will make the process more efficient.

The second program, which has already helped to build 11 playgrounds, sees the city partner with developers to create new parks.

Coun. Karen Leibovici ap-

Big savings

\$10M

The city estimates that having developers create parks will save more than \$10 million.

plauded both projects and said they help solve a problem facing many community groups.

"Thank you for putting something forward that will make it easier for neighbourhood groups to get parks," she said.

But John Kuby, president of Playworks, said the template approach is a problem because it gives communities less choice. "It will very likely be the slippery slope to cookie-cutter playgrounds across the city," he said.

Kuby argued that one of the bigger challenges in completing a playground is fundraising, and that a new playground can be designed quickly.

TAX SAVINGS WORKING FOR YOU

Helping create jobs and growth for Canadians.

Hiring Credit for Small Business



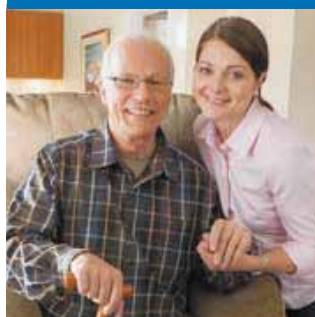
Up to **\$1000**
on EI premiums

Children's Arts Tax Credit



Up to **\$75** per child

Family Caregiver Tax Credit



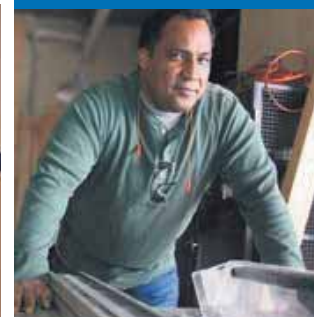
Up to **\$300**

First-Time Home Buyers' Tax Credit



Up to **\$750**

Tradesperson's Tools Deduction



Up to **\$500**
from income

Take advantage of these and other tax savings. File your return online and get your refund faster.

Visit cra.gc.ca/TaxSavings



Government
of Canada

Gouvernement
du Canada



Canada

NOW OPEN
LEXUS
THE PURSUIT OF PERFECTION.

ENTER THE
ULTIMATE
LEXUS WORLD

PASSION
LUXURY
PRIVILEGE
SUPERIOR
BELONGING
REFINEMENT
WELCOMING
RECOGNITION



Introducing
The All-New 2013 RX Series.
Well Equipped From: \$47,329*



The 2013 Lexus CT Hybrid.
Well Equipped From:
\$33,801*



Introducing
The All-New
2013 Lexus ES 350 and ES Hybrid.
ES 350 Well Equipped From: \$41,851*



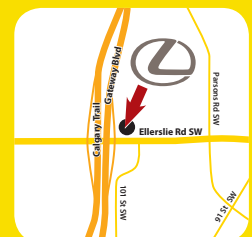
Introducing The All-New 2013 GS Series
Well Equipped From: \$57,251*

All current Lexus Lease guests receive **1% additional Loyalty Rate Reduction**

LEXUS
SOUTH POINTE

780.989.2222

www.lexussouthpointe.com
On the corners of Ellerslie & Gateway Blvd. SW



EPL. Facts from the stacks

- Items staff have found left behind as bookmarks include: long john pastry, package of lunch meat, hair, family photo, love note, shoe insole and \$100 bill (which was returned).
- The 100-year-old Strathcona branch, still used today, is a designated historic site.
- A newsreel of EPL's first streetcar bookmobile in 1941 was shown ahead of feature films in theatres as far away as Egypt.
- There was a small zoo of caged animals in the chil-

More to come

See the Wednesday edition of Metro for Part 3 of our three-part series on EPL's Centennial. You can also follow the series online at metronews.ca.

dren's library in the Centennial Library (now the Stanley A. Milner branch) until it was phased out after an iguana escaped in 1972. **METRO**

Preservation. Titles that are standing test of time

Despite not having a preservation mandate, a number of rarities still exist in the EPL's collection, including:

- Eaton's Catalogue on microfilm – T. Eaton Co., 1884
- By Track and Trail: A Journey Through Canada – Edward Roper, 1891
- On Canada's Frontier – Julian Ralph, 1892
- Saddle, Sled and Snow-

shoe: Pioneering on the Saskatchewan in the Sixties – John McDougall, 1896

The EPL also has the Heritage Room on the second floor of the Stanley A. Milner branch, home to 10,000 non-circulating titles about the history and development of Edmonton, northern Alberta and western Canada.

METRO

Library life: Long-time staffer reflects as EPL turns 100

Part 2 of a three-part series. 34-year veteran reflects on change through the decades



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

When Gail Petryk worked at the Sprucewood Edmonton Public Library branch in the early 90s, she participated in career day at a nearby school.

"I went after a weather guy and a fireman. And I thought 'Oh my God, how can I interest these kids?'" she recalled. "I had my puppets and my books and I started talking, then one kid blurted out 'You mean they actually pay you to do that?'"

"That was kind of neat."

Petryk started working at the children's library downtown in 1979 — meaning the 56-year-old has been an EPL employee for a third of



The EPL's bookmobile, seen here circa 1980, began operating in 1941 via streetcar and later by bus in 1947. The vehicles ran until 1992, and may make a comeback in a somewhat different form over the next few years. COURTESY EPL

a century. The library will celebrate 100 years on Wednesday.

During her 34-year career, Petryk has worked at six branches in programming and customer service, and

even drove the bookmobile when it was operational in the 80s.

Currently the membership services supervisor at the Mill Woods branch, Petryk remembers everything from

Giving back

Centennial fundraising projects:

- A second coming of the bookmobile could be possible with the four to five Literacy Vans EPL hopes to put on the street within three to five years.
- EPL also wants to expand Welcome Baby into public health clinics, where early literacy resources would be shared at two-month immunizations.
- Visit epl.ca/donate to support.

washing records, the start of the summer reading club, and pets that used to be at the downtown branch.

"I can't believe I've done this for such a long time.... It's been incredible."

Hurry in for \$0 smartphones¹ AND up to a \$100 bonus gift² on select smartphones.



Plus, get **DOUBLE** the minutes and data on all Canada-wide plans.³

Offer ends
Mar. 18, 2013.

koodo

Good call



FUTURE SHOP



MOBILE SHOP

Walmart



Edmonton
Bonnie Doon Shopping Centre
Edmonton City Centre
Kingsway Mall
Londonderry Mall
Millwoods Town Centre
Northgate Centre
Sherwood Park Mall
Southgate Centre
St. Albert Centre
West Edmonton Mall

Northern Alberta
Peter Pond Shopping Centre
Prairie Mall

Red Deer
Bower Place

See store for full details. (1) Price with the Tab. Subject to approved credit. (2) Available on new activations only. Bonus gift may vary by store and value of phone. While quantities last. Offer ends April 4, 2013. (3) Not available with Pay-Per-Use Data Saver.

Gang-rape suspect's death sparks criticism of New Delhi prison

Alleged suicide.

Lawyer claims his client was under 'no mental stress' at the time

Whether he was killed or committed suicide, the jailhouse death Monday of a man on trial for the gang rape and fatal beating of a woman on a New Delhi bus has triggered shock at the enormous security failure at one of India's best-known prisons.

Authorities said Ram Singh, who was accused of driving the bus during the December attack, was in a cell with three other inmates at Tihar Jail in New Delhi when he hanged himself, either with his own clothes or a bedsheet, at about 5:30 a.m.

"This is suicide," Home Minister Sushilkumar Shinde said.



The mother of Ram Singh cries as she speaks to journalists in New Delhi.
MANISH SWARUP/THE ASSOCIATED PRESS

But Singh's family and lawyer alleged foul play.

"There were no circumstances which could have led to Ram Singh committing suicide. There was no mental stress.

Prison deaths

In 2011, 68 inmates in India killed themselves and another eight were killed by fellow inmates, according to India's National Crime Records Bureau.

He was very happy (about the trial's course)," his lawyer V.K. Anand said.

Singh, 33, had been among five defendants facing the death penalty if convicted of the rape attack, which horrified Indians and set off national protests. A sixth accused is being tried and jailed separately because he is a juvenile.

Singh's death in custody raised further questions about a criminal justice system already under attack for failing to protect the nation's women.

THE ASSOCIATED PRESS

THEY CAN'T BUILD IT UNTIL YOU DESIGN IT

WHAT WILL YOU DESIGN
AS AN ENGINEERING CAD TECHNICIAN GRADUATE?

NOW ACCEPTING
APPLICATIONS FOR SPRING TERM
Call 780.414.0200

DIGITAL School

computer aided design training

digitalschool.ca



WIN 1 OF 5 \$500

SHOP.CA SHOPPING SPREES SIGN-UP FOR YOUR CHANCE TO WIN

SHOP HAPPY at Canada's biggest store, with millions of products and thousands of brands. Get everything you need from 26 categories like home appliances, furniture, electronics, clothing, shoes, travel and MORE!

VISIT CLUBMETRO.COM TO ENTER

SHOP • CA™

SHOP & EARN, EVERY TIME!™

WWW.SHOP.CA



Shop Happy
Canada!



Free Shipping
on millions of products



Free Returns
365 days a year



No Duty
or Tariffs

No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached the age of Eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Five (5) \$500 bonus rewards prizes are available to be won. Contest closes March 21st, 2013 at 11:59PM (EST). To enter and for complete contest rules visit www.clubmetro.com

Lawyers want closed Magnotta hearing

Accused of murder and dismembering. Counsel says letting public stay may prevent a fair trial

Lawyers for the man accused of murdering a Chinese student and dismembering his body want the media and public barred from his preliminary hearing.

The evidence presented Monday supporting the motion by lawyers for Luka Rocco Magnotta is subject to a publication ban.

Magnotta's legal team, led by Toronto-based lawyer Luc Leclair, argue the only people who should be allowed to remain in the courtroom are the prosecutors, the judge and a court clerk.

They say it's necessary to guarantee a fair trial.

Magnotta has pleaded not guilty to a charge of first-degree murder in the slaying of Jun Lin last May. The preliminary hearing will determine whether there is enough evidence to send him to trial.

A handful of journalists were able to cram into a



Daran Lin, father of murder victim Jun Lin, leaves court in Montreal on Monday. RYAN REMIORZ/THE CANADIAN PRESS

high-security room, with as many as 30 people in a spill-over room in another part of the courthouse. Some media members lined up before the crack of dawn to get inside.

Those present at the court-

house included Daran Lin, the victim's father, who travelled from China.

A lawyer representing Lin's parents said he supports the media's fight to keep the hearing open.

Mark Bantey, a lawyer representing several media organizations, said the automatic publication ban that comes with a preliminary hearing "covers all the evidence (and) is more than suf-

ficient to protect the rights of the accused to a fair trial.”

Quebec court Judge Lori-Renee Weitzman is expected to rule on the matter Tuesday morning.

THE CANADIAN PRESS

Chase 'em down

Citizen's arrest now more flexible

New powers of citizen's arrest came into force Monday that give people more leeway. The law no longer requires a person to catch a suspect red-handed, but merely nab them within a reasonable amount of time.

THE CANADIAN PRESS

Filed as non-resident

Conrad Black denies owing tax on \$5 million

Conrad Black is locking horns with the Canada Revenue Agency over taxes from 2002 that may see him paying taxes on more than \$5 million in income and benefits.

The agency alleges Black held Canadian residency at this time and must pay taxes. At the time, he filed as a U.K. resident, which his lawyers hold is true.

TORSTAR NEWS SERVICE



rogersyouthfund.com

A funny thing happens
when you tell kids they matter.
They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

ROGERS
Youth Fund™

Proud supporter of

Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada

With education, anything's possible.™

DREAM LEARN LEAD CREATE EDUCATE DREAM LEARN LEAD CREATE EDUCATE DREAM LEARN LEAD CREATE EDUCATE DREAM LEARN LEAD CREATE EDUCATE DREAM LEARN LEAD CREATE EDUCATE





Police officers are seen outside St. Peter's Square at the Vatican on Monday. Cardinals gathered for their final day of talks before the conclave to elect the next pope. EMILIO MORENATTI/THE ASSOCIATED PRESS

Uncertainty reigns ahead of conclave

Papal vote. Italian, Brazilian contenders at centre of chatter over who's ahead in race for pontificate

By the numbers

77

The leading names in the papal race require 77 votes for victory in the first few rounds of balloting.

Cardinals enter the Sistine Chapel on Tuesday to elect the next pope amid more upheaval and uncertainty than the Catholic Church has seen in decades: There's no front-runner, no indication how long voting will last and no sense that a single man has what it takes to fix the church's many problems.

On the eve of the vote, cardinals offered wildly different assessments of what they're looking for in a pope and how close they are to a decision. It was evidence that Benedict XVI's surprise resignation has continued to destabilize the church leadership and that his final appeal for unity may go unheeded, at least in the early rounds of voting.

Still, the buzz in the papal stakes swirled around Cardinal Angelo Scola, an Italian seen as favoured by cardinals hoping to shake up the powerful Vatican bureaucracy, and Brazilian Car-

dinal Odilo Scherer, a favourite of Vatican-based insiders intent on preserving the status quo.

Cardinals held their final closed-door debate Monday over whether the church needs more of a manager to clean up the Vatican's bureaucratic mess or a pastor to inspire the 1.2 billion faithful in times of crisis.

Scola is not from the Italian-centric Vatican bureaucracy called the Curia. That gives him clout with those seeking to reform the nerve centre of the Catholic Church.

Scherer seems to be favoured by Latin Americans and the Curia. He has a solid handle on the Vatican's finances, sitting on the governing commission of the Vatican bank.

Also seen to be in the running is Canadian Cardinal Marc Ouellet, who is well-respected for his job at the Vatican office that vets bishop appointments.

THE ASSOCIATED PRESS

Libya. Cleric condemns women's-rights document

Libya's supreme religious cleric is calling on Muslim nations to reject a United Nations document on women's rights, saying that it counters Islamic law.

Mufti al-Sadiq al-Gharyani issued a fatwa, or religious edict, against the document set to be signed by nations at the

57th session of the Commission on the Status of Women this month.

The edict issued Monday criticizes the document's references to inheritance, its equating of men and women, and its wording on sexual freedoms.

THE ASSOCIATED PRESS

U.S. slaps new sanctions on N. Korea

The Obama administration expressed heightened concern Monday over threats of war from nuclear-armed North Korea and issued new sanctions against the communist nation's primary exchange bank and several senior government officials.

In the last three months, Pyongyang, under its enigmatic young leader Kim Jong-un, has defied the United States and other world powers by test-

Quoted

"We are certainly concerned by North Korea's bellicose rhetoric. The threats that they have been making follow a pattern designed to raise tension and intimidate others. The DPRK will achieve nothing by threats or provocation."

White House spokesman Jay Carney

ing an intercontinental ballistic missile and testing a third nuclear bomb. Its latest salvo:

A declaration carried through state media that it was cancelling the 60-year armistice that

maintains peace on the Korean peninsula.

Washington is walking a tight line. It is trying not to overplay the danger from an attention-seeking regime infamous for its bluster, but has to take the North's threats of possible military action seriously. The U.S. also is treaty-bound to provide support for South Korea or Japan in the event of any aggression.

THE ASSOCIATED PRESS

True luxury is timeless, unlike this offer.

Every Certified Mercedes-Benz comes with a standard Star-Certified warranty.

Mercedes-Benz
CERTIFIED
SPRING SALES EVENT



For a limited time, take advantage of a 3 month payment waiver and 0.9% financing for 36 months on all MY '09 - MY '11 Certified Pre-Owned models.

0.9%* for 36 months | 3 Month Payment Waiver**

Buying Certified gets you:

- Reassurance: 150-point certification inspection
- Warranty: standard Star Certified warranty up to 6 years or 120,000 km
- Confidence: complete vehicle history report
- Security: 24-hour special roadside assistance
- Peace of mind: 5 day/500 km exchange privilege

To take advantage of this offer and for full details, visit www.davidmorrisfinecars.com

Certified. Affordable. Luxury.



Class	Year	Description	Stock #	Price
C230	2009	4matic™, Black	P09-9475	\$29,888



Class	Year	Description	Stock #	Price
C300	2012	4matic™, Black	P12-9766	\$42,999



Class	Year	Description	Stock #	Price
C350	2009	4matic™, Grey	P09-9675	\$36,999



Class	Year	Description	Stock #	Price
E350	2010	4matic™, Blue	P10-9808	\$44,999



Class	Year	Description	Stock #	Price
E350	2010	4matic™, White	P10-9958	\$46,999



Class	Year	Description	Stock #	Price
GLK350	2012	4matic™, White	P12-9587	\$39,999



Class	Year	Description	Stock #	Price
GLK350	2010	4matic™, Red	P10-9638	\$35,999



Class	Year	Description	Stock #	Price
GLK350	2010	4matic™, White	P10-9947	\$29,999



Class	Year	Description	Stock #	Price
ML350	2010	4matic™, Silver	P10-9817	\$42,999

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER



© 2013 Mercedes-Benz Canada Inc. *0.9% financing only available through Mercedes-Benz Financial Services on approved credit for a limited time. Available for 36 month finance on model year 2009-2011 Certified Mercedes-Benz (less than 140,000 km). Finance example based on a 2009 model: \$25,000 at 0.9% per annum equals \$704.12 per month for 36 months. Cost of borrowing is \$348.39 for a total obligation of \$25,348.39. Down payment may be required. **First, second and third months payments are waived for finance programs on model year 2009-2011 Certified Pre-Owned Mercedes-Benz models. The payment waivers are capped up to a total of \$500/month including tax for a Mercedes-Benz model. Vehicle licence, insurance, registration and sales taxes are extra. Dealer may lease or finance for less. Offer may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end March 31st, 2013.

House prices will stay flat for 10 years, TD predicts

Real estate. After years of strong gains, report says it's time for payback

Canada's real estate bonanza of the past decade has come to an end and the long-term trend as one of the most profitable places to invest is also not encouraging, a new research paper from TD Bank argues.

The “special report” from

one of Canada's largest banks makes the case that gains in housing prices have been exceptionally strong over the last 10 years, even when accounting for a sharp drop during the 2008-09 recession. But now is the time for a bit of a payback.

The report does not predict a collapse in house prices as some analysts have suggested. In fact, it sees prices rebounding after a few years of a correction to as high as eight per cent.

Overvaluation

10%

Some forecasters have argued houses in Canada may be overpriced by up to 25 per cent, but TD chief economist Craig Alexander thinks it's closer to 10 per cent.

However, the longer term trend is for home price gains to average about two per cent over the next 10 years — flat once

inflation is taken into account, says TD chief economist Craig Alexander.

"I do not think we have a housing bubble in Canada," he said. "We have had abnormal strength in the market during a period of low interest rates and when rates go up over the next three years, you will get a cooling and weaker prices, but not a permanent shock and not a sharp correction."

THE CANADIAN PRESS



A new report from TD Bank predicts that the longer-term trend is for house prices to gain an average of about two per cent over the next 10 years, which is flat once inflation is taken into account. JUSTIN SULLIVAN/GETTY IMAGES

Growth. OECD says Canada's economy isn't tops among G7

The Organization for Economic Co-operation and Development says Canada's economy is in a funk and may no longer be a leader among G7 industrialized nations in terms of growth.

The OECD's latest analysis of the global economy cites firming growth in the U.S. and Japan, as well as improving prospects for Germany. It says Canada's conditions point to continued growth but at a weak pace.

Ottawa has long boasted that Canada's growth was tops among the Group of Seven industrialized economies following the 2008-09 recession. But Canada's growth has been losing steam amid declining prices

for key resource exports as well as a slower real estate market and other domestic factors.

A group of about a dozen Canadian economists advised Finance Minister Jim Flaherty last week that growth may remain below two per cent in 2013.

CIBC senior economist Benjamin Tal says Canadians should get used to no longer being leader of the G7 pack in terms of growth. "Canada is not leading anymore. Canada is entering this period in which we will underperform," he said, explaining that the main drivers of growth so far in the recovery — consumer spending and housing — have topped out.

THE CANADIAN PRESS

European Union

EU toughens rules on animal testing for cosmetics

The EU banned the sale of new cosmetic products containing ingredients tested on animals with immediate effect Monday.

"This is a great opportunity for Europe to set an example of responsible innovation in cosmetics without any compromise on consumer safety," said Tonio Borg, the EU's top official on health and consumer issues.

Animal rights groups were quick to cheer the measure, but trade body Cosmetics Europe said it "acts as a brake on innovation." **THE ASSOCIATED PRESS**

New York City

Judge strikes down sugary-drink rule


New York City's groundbreaking limit on the size of sugar-laden drinks has been struck down by a judge before it was set to take effect.

The restriction was supposed to start Tuesday. Manhattan state Supreme Court Justice Milton Tingling writes that loopholes "effectively defeat the stated purpose" of the rule. The rule prohibits selling non-diet soda and some other sugary beverages in containers bigger than 16 ounces. It applies at places ranging from pizzerias to sports stadiums, though not at supermarkets or convenience stores.

THE ASSOCIATED PRESS

Market Minute

 **TSX**
12,858.49 (+22.87)

 **OIL**
\$92.06 US (+11%)

 GOLD
\$1,578 US (+\$1.10)

DOLLAR
97.43¢
(+0.26¢)

Natural gas: \$3.65 US (+2¢)
Dow Jones: 14,447.29 (+50.22)

#1 SUZUKI DEALERSHIP IN CANADA FOR THE LAST THREE YEARS! MILLWOODSSUZUKI.COM

GET CONNECTED

GO ANYWHERE. NEVER GET LOST.

GRAND
VITARA

NEW GRAND VITARA
URBAN 4WD 2013

0% PURCHASE FINANCING FOR UP TO 72 MONTHS*

OWN IT FOR
\$190 WITH **0**
BI-WEEKLY** DOWN

STANDARD 4-MODE 4WD

#13T534

STANDARD 3-MODE
INTELLIGENT
ALL-WHEEL DRIVE

NEW SX4 JA IAWD CROSSOVER 2013

0% PURCHASE FINANCING FOR UP TO 72 MONTHS*

OWN IT FOR
\$147 WITH **0**
BI-WEEKLY** DOWN

#13C342

STANDARD INTELLIGENT
ALL-WHEEL DRIVE

NEW KIZASHI S IAWD 2013

0.9% PURCHASE FINANCING FOR UP TO 60 MONTHS*

OWN IT FOR
\$171 WITH **0**
BI-WEEKLY** DOWN

#13C353

STANDARD ON ALL 2013 MODELS*

ALL NEW ADVANCED AUDIO SYSTEM
WITH NAVIGATION

BLUETOOTH

NAVIGATION

VOICE COMMAND

TOUCH SCREEN

Apply @ MWS CREDIT.CA Your guaranteed approval!!

Bring in your driver's license, pay stub, and phone bill to take delivery of your vehicle.

TEST DRIVE ONE TODAY AT MILLWOODS SUZUKI

SHOP 24/7 @ MILLWOODS SUZUKI.COM

ON THE AUTO ROW | 3403-93 STREET

780-450-4500
TOLL FREE 1-866-897-4500

BRIG HARRISON SALES MANAGER

CONSUMERS SHOULD READ THE FOLLOWING: *All offers and Selling Price include Delivery & Destination (\$1,650 for Kiasih/\$1,450 for S/M \$1,650 for Grand Vitara models). Dealer Administration Fee (\$399), \$100 A/C Excise tax (where applicable), \$20 Tire Tax. Offers exclude PPS up to \$72 (when financing), applicable taxes, license, registration, insurance and a down payment of \$0. Vehicles may not yet be ready as shown. These offers cannot be combined with any other offers and are subject to change without notice. Dealers may sell for less. See participating dealers for details. Vehicle images show include optional upgrades. Offer available on select models. Limited time finance offers available O.A.C. **Special bi-weekly purchase finance offers are available on a new 2013 Kiasih S/AWD Model (6B23ACU) Selling Price \$31,164. 2013 S/M S/AWD with manual transmission Model F16N3G3 (\$31,164). 2013 Grand Vitara AWD with automatic transmission Model L2N6B3J Selling Price \$29,560. The bi-weekly \$0 down term amortized over an 84 month period payment interest rates are based on 2013 Kiasih S/AWD @ 0.9%, purchase financing, bi-weekly payments on total due with \$0 down payment. Cost of borrowing is \$888 for a total obligation of \$31,852. Estimated remaining principal balance of \$8,812 (plus applicable taxes is due at the end of 60-month period). © 2013 Grand Vitara AWD @ 0.9%, purchase financing over 72 months, bi-weekly payments are \$147/\$150 with \$0 down payment. Cost of borrowing is \$0/50 for a total obligation of \$29,824/\$30,324. Bi-weekly payments on total due with \$0 down payment will cost \$29,824/\$30,324. All vehicles sold by dealer. Customers with financing can't be available until after 2013 model year. \$50 hardware fee. No cash back. Financing offers available on all 2013 models. Offer valid while funds last. 20% off.

FACE IT: YOU LOVE YOURSELF

Ever wonder why some couples click, while others malfunction like an old Xbox 360?

The answer might be staring you in the face.

We're hardwired to seek out people whose features resemble our own thanks to the part of our brain — the fusiform gyrus region — to be precise — devoted to facial recognition. We're put at ease by familiarity and inclined to trust someone with a face that reminds us of our own, so says Christina Bloom, founder of findyourfacemate.com, a dating site that pairs singles based on facial-recognition technology.

There's a certain kind of vain gratification that comes from looking at yourself in the mirror, so it's not that hard to believe that we'd want to replicate that pleasure when gazing at the person lying next to us in bed. We've all seen those doppelgänger couples whose resemblance is so uncanny they could be mistaken for brother



SHE SAYS
Jessica Napier
metronews.ca

and sister. And while the desire to partner up with someone who looks just like us might seem completely narcissistic, there are actually subconscious biological drives at work.

Bloom says there are a few competing scientific theories that explain why we're attracted to people who look like us. "Some theories relate to imprinting, some to trust and others to narcissism," says Bloom. "Scientists don't agree on exactly why it works, we only know for sure that it does."

Launched in 2011, Bloom's dating site is based on studies of positive assortative mating. Researchers took physical measurements of married couples — including cranial and facial features — and found significant correlations in more than half of the numbers.

The site uses a unique algorithm to analyze 67 different facial points and match up would-be couples.

"It is a very nuanced matrix with a primary focus on the

outline of the face and the placement of features," says Bloom. It's not necessarily the size of your nose or the colour of your eyes that matters but how those facial features are arranged and overall face shape.

So what about those people who have a negative self-image? If someone thinks of themselves as unattractive, would they still be likely to fall for someone with similar facial features? Surprisingly, yes, they would.

"It's an unconscious phenomenon; it has nothing to do with how we feel about ourselves," says Bloom. "I have men tell me all the time that their partners are so much more attractive than they are (but) when I see them together, it's obvious how similar their facial features are."

At last, dating someone for their looks is no longer considered shallow, it's science.

We are innately narcissistic beings — wielding a subconscious tape measure to see if the length of a potential suitor's face measures up to our own.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Only One Direction to wax museum



MADAME TUSSAUDS/THE ASSOCIATED PRESS

Immortalizing a stylish boy band

Fans of Harry Styles and his bandmates at One Direction need not worry.

This scary-looking procedure was just to prepare models of the boys at the famous Madame Tussauds waxwork museum in London,

England. Hundreds of precise measurements of the stars were taken over a four-month process, with the figurines to be unveiled in April.

Since 1835, Madame Tussauds has immortalized some of the world's biggest names, such as Queen Elizabeth II, who is now on her 23rd model. **METRO WORLD NEWS**

Whole ball of wax

"We've been to Madame Tussauds and seen the kind of people who are in there. It's crazy to think that we will be up there with them."

Harry Styles, 19, singer in One Direction

Whole lotta dough

\$200,000

The cost of each wax model of the five band members. The boys are being produced by renowned sculptor Stephen Mansfield. They will be wearing "smart-casual" clothing and sitting on a school-style bench.

Clickbait

'Wacko birds' is the latest ammunition of the twittersphere. John McCain called senators Rand Paul and Ted Cruz as well as Rep. Justin Amash 'wacko birds' over their anti-drone statement. "It's always the wacko birds ... that get the media megaphone."

@WackoBird

The bio reads, 'hatched from the minds of RINO's, perched over Washington D.C.,' and tweets gems like 'Hey, just wondering... where's that media megaphone I was promised?' Not to be confused with @WackoBirds — also a parody.

Angry Birds

User-generated artwork portrays Paul and McCain in a battle parodying the popular video game Angry Birds — with Paul's head superimposed onto a bird about to ambush a group of drones while McCain looks on in anger.



Twitter

@metropicks asked: Do you have a famous celebrity in the family?

@Big_D_Blution: Distant cousin to Hockey Great Bobby Orr

@lisambungay: J-Bru (Jason Bruce) babay

@SusanLougheed: my Gt Grandfather, Goldie Prodger played for the St Pats & scored the winning goal the 1st yr the Habs won the Stanley Cup

@_unicorntears_ My partner's cousin is Noah Reid, star of 'Score: A Hockey Musical' and original voice

of Franklin the Turtle.

@Like42: Henry Ford (the car guy) great-grandfather's first cousin.

@GiovannaNicolai: Vittorio De Sica - Grandfather

@ole_dory_plug: My great uncle is Bobby Arvon, the singer of the 11th season of Happy Days in it's 11th season.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

SCENE 2

DVD review



Life of Pi

Director: Ang Lee

Stars: Suraj Sharma, Irrfan Khan, Adil Hussain

With *Life of Pi*, Oscar-winning director Ang Lee has a simple goal. He wants us to accept as real a computer-generated Bengal tiger by the odd name of Richard Parker. The request is simple, the effect is extraordinary. Other things may seem in doubt in this delightful, rousing tale of a teen and a tiger on a Pacific Ocean adventure. Based on the Man Booker Prize-winning novel by Canada's Yann Martel, the film leaves its options open and hopes that our minds will be, too. You may or may not leave a viewing of *Life of Pi* with an enhanced appreciation of mankind's delicate relationship with animals and nature. Your belief (or disbelief) in an all-powerful deity may be confirmed or quashed. Your definition of "truth" may need revising. But the film's visual marvels are undeniable. Like the book, *Life of Pi* leaves us puzzling over what we've seen and heard. But never for a moment do we doubt the film's expressive storytelling, imagery and sense of wonder.

PETER HOWELL

Lara Croft's makeover

Tomb Raider. Reboot of classic video game franchise sees its heroine morph from bombshell to the tough girl next door

ROMINA MCGUINNESS
Metro World News in London

Indiana Jones with big boobs: That summed up the basic appeal of *Tomb Raider*, the best-selling video game franchise that launched in 1996. The reboot, out now, has a less-busty Lara Croft. Why the change?

"What we start with, anytime you create a character, is their biography," Brian Horton, senior art director of *Tomb Raider* at Crystal Dynamics, tells Metro.

"We knew Lara was this kick butt hero, but we felt she'd become more of an icon and less of a human. People didn't have much affinity for her."

"So our challenge was to come up with a concept that was relatable but at the same time, felt iconic."

Survival is the main theme here, something that allowed the game developers to revisit Croft's origin story.

"We made it so that she wasn't necessarily focused on being the sheltered aristocratic girl," says Horton.

"She's 21 and just out of university. She still has famous archaeologist parents but there was a point where she just stuck out on her own. Whatever comes at her, she's going to do what it takes to get through it."

Horton talks us through Lara Croft's makeover.



The new Lara Croft is more "humanized" with an athletic build. HANDOUT

How did the game developers go about handling Lara's makeover?

After we knew who she was, we went through a series of drawings, about 60 in total. The first step was to humanize her. In terms of her proportions, she wasn't as much of a bombshell. We kept some of the signature

components: the ponytail, the brown eyes and the full M-shaped lips, but we made it much more realistic in its treatment.

Was it all based on these drawings? Or did you use a real life model?

We used one girl for her face and one for her body.

We wanted someone normal, not a pin up. We chose models that had body fat to them; that weren't super skinny. The body model is actually a stunt-woman with a really proportional, athletic physique.

At what point were you like: "We nailed it! We have the new Lara."

Once we have our concept and our model, it comes down to the way she performs in the world. When she's hurt, she'll clutch her side. When she's in a claustrophobic cage, she'll touch the walls. Adding Camilla Luddington (the British actress who did the voice and performance capture for the cinematics) to bring her to life was a huge part of the equation. That's where the believability came in. And even though she wasn't the model that inspired the look of it, when you look at Lara Croft on screen, there's a lot of Camilla in her.

The "old" Lara Croft is famous for her bust. The same can't be said of this version. What did you take her bra size down to?

I don't even know. It's not something I even think about. Before, there was so much emphasis on what her bra size was ... We never understood the fascination.

Fans will have noticed she's no longer wearing hot pants...

We wanted it to feel as practical as possible. Her clothes are much more down to earth: cargo pants, adventure boots and a dual tank top. It still feels like her. Just without the shorts, of course.

HUMAN SUFFERING AND RELIGION

WORLD
RELIGIONS
CONFERENCE

Thursday,
March 21, 2013
7:00PM
Telus Centre, U of A
87 Ave. & 112 St.

FREE ADMISSION

FREE REFRESHMENTS

Organized by: Ahmadiyya Muslim Students Association, U of A Sponsored by: Ahmadiyya Muslim Jama'at, Edm.
Interfaith@shaw.ca Contact: 780-909-3001, 280-885-0652

"It's always a good morning at

NORMAND'S
BISTRO

(@ The Citadel Theatre)



Open every day: 7am on weekdays and 8am on weekends

A great place for Eggs Benedict & freshly squeezed, made-to-order orange juice from our Zummo Machine. Join us for breakfast, lunch, happy hour and Dinner!

Edmonton, Alberta T5J-3C6
10177 99 Street 780-425-1008

NEED MONEY?

✓ No credit checks
✓ Fast approvals

Call 1-866-499-5629

And get cash now!!
www.mynextpay.ca

Read metro work every
Monday and Wednesday
for tips and trends in
education and employment.

Only in Metro. News worth sharing.

The Word

What is going on at *The View*?

THE WORD
scene@metronews.ca
Meredith Engel

Readers, important question: do any of you even watch *The View*? Maybe I'm mistaking this squawkfest of an hour with *The Chew*, or maybe even *The Talk*.

Regardless, I must say I was a teensy bit surprised when Joy Behar announced her resignation from the ABC morning show last week — homegirl's been there since the beginning. And then, like your little sister who just couldn't stand it when you got all the attention, Elisabeth Hassel-a-hack came out and was like, "Oh yeah? Well I'm leaving too! Hmph!" In the corner, Joy Behar cried out "No fair!" to no one in particular. But it was too late. Our interest had been piqued. No longer was this a story about replacing Behar, a middle-aged woman whose voice reminds me of



Gilbert Gottfried on a good day. No, now, it's about beautiful, blonde, conservative Elisabeth, too. Marsha, Marsha, Marsha!

So who should fill each lady's seat at the table? For Elisabeth, I nominate Ann Coulter: a healthy dose of conservative energy draped in a long blonde wig. For Behar, how about a cockatoo? Would probably be just as entertaining, and the hairstylist would still get to keep his job.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

A pricey pair worth protecting

Jennifer Love Hewitt can apparently put a price on her breasts, at least when it comes to the idea of insuring them as valuable assets. "I need, like, an insurance invitation. If somebody was like, 'Hey, you know what? We would like to insure your boobs for \$2.5 million,' I'd be like, do it. Love it! Why not?" she tells USA Today. "These things right here are worth \$5 million."

Money-makers

"These things right here are worth \$5 million."

Jennifer Love Hewitt
On her womanly assets



Jennifer Love Hewitt
ALL PHOTOS GETTY IMAGES




Justin Bieber

Pop goes their world: Bieber cancels concert in Portugal

Following a tumultuous week in London, Justin Bieber headed to Portugal already offering up bad news for fans hoping to see him tonight. "Due to unforeseen circumstances, Justin Bieber was forced to cancel the second (concert) in Portugal

on 12 March," local promoter Everything is New announced, though his concert last night remained scheduled as planned. "Holders of tickets valid for 12 March should contact the respective place of purchase to receive a refund."




Download Canada's top rated newspaper app today

★★★★★

"I love this app, it keeps me up to date with what's going on in the city and around the world."

— NB



SOURCE: Based on average rating on the Google Play™ store as of February 11th, 2013 from 1892 ratings compared to all other Canadian newspapers. Google Play is a trademark of Google Inc.

metro

**YOU COULD WIN
A TRIP FOR 2
TO THE 2013 JUNO AWARDS
IN REGINA!**

CANADA'S MUSIC AWARDS
APRIL 21 BRANDT CENTRE, REGINA

JUNO AWARDS 2013 

Package includes
2 tickets to The 2013 JUNO Awards
Broadcast and various JUNO Public
Events, Travel & Accommodations.
PLUS
1 \$50 hmv gift card courtesy of

hmv


VISIT
TO ENTER

No purchase necessary. Terms and conditions apply.
For full contest details and terms and conditions, visit clubmetro.com.

3
LIFE

Dillon Casey knows all about physical roles. The Oakville, Ont., native plays Navy SEAL Sean Pierce on the TV series Nikita.

He also played rookie hockey player Trevor Lamonde in the CBC show MVP and recently filmed a mixed martial arts movie called Only I. But he's perhaps best known for playing Erica's first boyfriend, Ryan, on the CBC series Being Erica. Metro asked Casey to give us a look into his workout routine. **METRO**

Get ripped like a Navy SEAL

I play a Navy SEAL on Nikita and these guys are all about functionality. The muscular Schwarzenegger types could never make it through the training I do — it's too much wasted energy for your body to fuel all that extra weight.

These exercises will give you a useful body. You'll be a workhorse with great muscular endurance and explosive power. Keep changing it up. Keep your body guessing. Keep it interesting and you'll keep coming back for more.

Bodybuilders

Grab a set of dumbbells and, holding onto them, position yourself at the top of a push-up. Do a full push-up, then kick your feet to your hands. Stand straight up, keeping your back straight and lifting with your legs. You'll be in the perfect position to do a curl, so do one. Then press the weights up so your palms are facing forward and the inside of the dumbbells are in line with the tops of your shoulders. Keeping your weight on your heels, do a full squat. At the top of the squat do a military press (pushing the weights over your head and lowering them back down). Then lower the weights back down until they're on the ground and kick your legs

back behind you until you're at the top of a pushup.

Mountain climbers

Again you start at the top of a push-up. Keeping your hands on the ground, bring your right leg forward so you look like a sprinter about to start a race. Switch your left leg with your right — do it as fast as you can for a minute (you'll look like you're basically running on the spot with your hands on the ground). This exercise is great cardio and it blasts your calves, shoulders and triceps.

Dumbbell punches

This one sounds easy, but it'll kill you. Grab a set of dumbbells. Stand with your feet a bit wider than shoulder width (or into a fighting position, like a boxer). Lean back slightly, get your hands into boxer-ready position and start punching up at 45 degrees. Do it for a minute. If you need to stop (\$20 says you will), instead of resting, grab lighter weights and keep going. This is good for the heart and will rip your shoulders. And if you ever need to punch somebody in the face, your arms will feel like sledgehammers. Do it for a minute, no rest. Next!

Lunge with a twist

Grab a medicine ball. Lunge with your right leg. Keep your back straight and twist to the right. Back to starting position. Lunge again with your right leg and twist to the left. Repeat with the left leg. As a plyometric variation, start in a lunge position, right leg forward, body twisted to the right, quickly jump and switch your feet, twisting in the process. Try to do it for a minute. If you can't finish, lose the medicine ball and keep going. Guys, this will give you a hockey player's ass and cut-up quads (ladies, this one will give you those perfect sexy summer legs that I like). It's also a great calorie burner. I love this one since it keeps me quick on my toes and gives me strong, responsive legs and feet for my fighting and action scenes.

Inverted rows

It's not all about "mirror muscles" — you're not strong if you don't have a strong back. So grab some dumbbells, bend your knees slightly and lean forward, keeping your back straight and the weights hanging naturally out in front of you. Pull the weights back as far as you can — you should



Actor Dillon Casey stays in shape with these exercises. DAVID LEYES / CONTRIBUTED

feel like you're pinching your shoulder blades together. Hold for a second, then slowly lower back down. This will work most of your upper back. Secondary muscles at work are biceps and shoulders. Do it for a minute. Keep your knees bent so you don't put too much stress on your lower back.

Apply Online **WWW.GOCREDITFINANCIAL.CA**

100% Approval, When the Banks Say No,
Go Credit Financial **Says Yes! WE ARE THE LENDER!**

At Go Credit Financial we have a different approach to get the car you are looking for. Let our professional credit consultants help you get the most competitive loan. **0% Financing Available (OAC)**

Everyone Approved with Go Credit Financial

- | | | |
|--------------------|---------------------|-----------------|
| ✓ Good Credit | ✓ Divorced | ✓ New Job |
| ✓ Bad Credit | ✓ Disability Income | ✓ Bankruptcy |
| ✓ No Credit | ✓ Previous Declines | ✓ New to Canada |
| ✓ First Time Buyer | ✓ Repossession | ✓ 9 SIN number |
| ✓ Cash Back | ✓ Over Balance | ✓ Judgments |

\$300
DISCOUNT
from Purchase Price
just for making an
Appointment!

We're a Go!
Call Now **780 902 6333**
a division of **KIA WEST EDMONTON**
#1 Kia Dealership in Western Canada.



**OVER 200 CARS
TO CHOOSE AT
LOW PRICES
AND PAYMENTS
CALL TODAY!!!**

**FREE TRIP
to VEGAS
WITH PURCHASE**

CALL OR TEXT (24/7) 780 902 6333

go
CREDIT
FINANCIAL



**OVER 100 SUVs
TO CHOOSE AT
LOW PRICES
AND PAYMENTS
CALL TODAY!!!**



**OVER 50 VANS
AND TRUCKS
TO CHOOSE FROM AT LOW
PRICES AND PAYMENTS
CALL TODAY!!!**

APPROVED IN 3 EASY STEPS:

1 CALL
GREAT
DEAL
MARCO

2 Pick
Your Car

3 Drive Away
Today

AMVIC
Alberta Motor Vehicle
Insurance Council

CarProof
VEHICLE HISTORY REPORTS

BBB

10151 - 179 St, Edmonton
Located in Kia West Edmonton
www.gocreditfinancial.ca

Commuting doesn't have to be a pain in your neck

Sprain-strain injuries. Small aches and pains can have big consequences. Here's how to stay healthy on your way to work

MEREDITH ENGEL
life@metronews.ca

If you're on the train or bus right now, try this self-check: Are you bending your neck to read this? Are you fidgeting from one foot to the other? Is there a gym bag or heavy purse on your shoulder? If so, those little aches and pains you've been complaining about might be related to how you get yourself to and from work each day.

"I hear this all the time with patients," says Dr. Louis Peterson, a chiropractic physician in

New York City. "They'll come in (saying), 'Oh, my neck's sore.' Those little things start to add up on the commute."

And they can add up to long-term consequences, he says. "What you end up (getting is) a sprain-strain injury, where your neck actually gets strained. The muscle fibres start to get slight tears in them. Most people just aren't aware."

We asked Peterson to explain how we should be travelling to and from work.

Try to stay awake

Anyone looking for some extra zzz's shouldn't find them on the subway. "When (commuters) fall asleep with their neck stuck to one side, eventually problems (develop)," Peterson says. "The neck gets strained." The fix: "Have your neck up and supported."

Make it a balancing act

"If you're standing and holding on, you should try to

distribute your weight. You shouldn't be on one foot or the other," Peterson says. And don't get distracted. Using your phone or trying to read will make your head point downward, which you're trying to avoid.

Hold your book (or your Nook, or your Metro!) up

"When you're commuting, you're spending a lot of time reading and your head is face-down. That causes issues with the neck, and that's always problematic." So hold reading material up.

Hold your bags or purses correctly

"Backpacks are the acceptable bags, not having a single bag trying to balance on the shoulders," Peterson says. If you have a purse, hold it in your hand, not on your shoulder, because the shoulder is where problems develop. Indeed, if you rest a bag there,

Walk this way

Sorry ladies, but you really should go for the suit-with-sneakers look.

- "You can put your heels on at work," says Peterson. "When commuting, you should try to stay away from (wearing heels). It puts an enormous amount of pressure in your lower back."

your shoulder can "get tilted one way or the other," he says. "You tend to yank that shoulder up higher, and after a while your neck cricks up."

Stretch

It's not just for athletes. "If you have some pains, try simple stretches for the neck or the low back," Peterson advises. "If it hurts, (use) ice. If you're really dire, give me a call."



Distribute your weight evenly when standing on the train or bus to avoid putting unnecessary strain on your back, neck and shoulders. ISTOCK IMAGES

Advertisement

Finally A Weight Loss Plan That Works

Reduce weight, inches and fat in just 14 days with Almased®

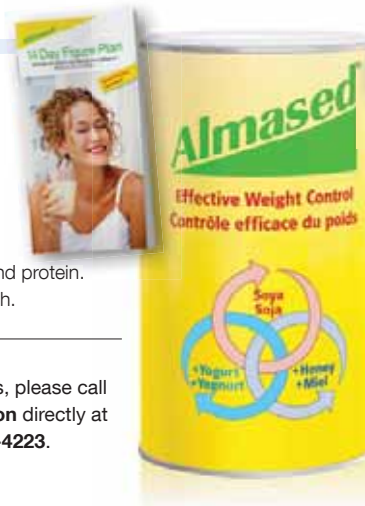
Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize

carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.



GLUTEN FREE, NON-GMO

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MED.



For retailer inquiries, please call True North Nutrition directly at toll free 1-800-261-4223.

SHOPPERS DRUG MART



SANGSTER'S

MorningSun Health Foods

SIMPLY HEALTH

VITALITY HEALTH FOODS

healthstorelocator.com

From the sea to your oven



ROSE REISMAN
for more, visit
rosereisman.com

This Roasted Seafood over Linguini with Lemon Olive Oil tastes heavenly, presents beautifully and is quick to prepare. Feel free to substitute the seafood of your choice. Buy cleaned squid and use tentacles

Ingredients

- 12 oz raw shrimp, peeled and deveined (tail left on)
- 8 oz cleaned squid cut into rings
- 12 mussels, scrubbed
- 8 oz dry linguini
- 2 tsp vegetable oil
- 1 cup thinly sliced red onion
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 2 tsp crushed fresh garlic
- 1 tsp hot chili sauce
- 1/3 cup chopped cilantro
- pinch salt and black pepper



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

if desired. For some extra spice sprinkle with dried chili flakes. To boost your fibre, try whole grain pasta.

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Place the shrimp, squid and mussels on the prepared baking sheet. Roast for 8 minutes,

or until the mussels open. Remove from the oven and keep covered.

3. While seafood roasts, cook linguini in boiling water until al dente, 8 minutes. Drain, reserving 2 tbsp of the pasta water for the sauce. Set aside.

4. While the pasta cooks, spray a large non-stick skillet with

cooking oil, add the vegetable oil and place over medium heat. Add the onion, bell pepper and zucchini; stir-fry for 4 minutes, just until the vegetables begin to soften. Add the seafood, pasta, reserved pasta water, olive oil, lemon juice, garlic, chili sauce, cilantro, salt and pepper. Toss well and serve.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Cabbage patch cunnning



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Gather round bunnies, Mr. McGregor is going to hate you more now that you will be nibbling on his cabbage patch. Cabbage is a cheap, long storing, plentiful and simple-to-prepare vegetable that is sadly under-used. It contains plenty of cancer fighting phytonutrients, fibre, vitamins and minerals and just a hint of calories.

• Honour the Irish this St. Patrick's Day by boiling some white chopped cabbage along with the potatoes before you mash. Colcannon is a traditional dish that has much more to offer than meets the eye.

• Make good use of sauerkraut that contains fermented cabbage. It is great with sausage, yes, but just as good used in a side dish of pancakes. Stir some sauerkraut into pancake mix and fry; serve with sour cream like blintzes.

• Pan fry a couple slices of bacon and add sliced cabbage to the pan. Stir to cook through and brown and serve as a vegetable side dish with grilled meats or fish.

Small heads of white cabbage work for any of these ideas, but don't forget that nappa cabbage and red cabbage have the same delicious benefits.



Theresa Albert is a **FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Dinner. Roasted Chicken with 40 Cloves of Garlic and a Bacon Blanket

1. In a large Dutch oven, toss the garlic cloves and shallots with the olive oil. Add the wine, then sprinkle with salt. Set aside.

2. Use paper towels to pat dry the chicken, then season it with salt, including inside the cavity. Set the chicken, breast side up, on top of the garlic and shallots. Drape the strips of bacon over the chicken. Set the pan in the oven and cook for 1 to 1 1/2 hours (time will vary depending on how evenly your oven heats), or until the bacon is crisped and brown and the thighs read 170 F.



Ingredients

- 2 heads garlic, separated into cloves, but not peeled
- 8 medium shallots, not peeled
- 2 tbsp olive oil
- 1/2 cup white wine
- 5-lb whole chicken
- Kosher salt
- 8 oz thick-cut bacon
- Ground black pepper

3. Remove the chicken from the pan and set it on a platter. Season the chicken with black pepper, then cover it with foil and let it rest 10 to 15 minutes before carving. Meanwhile, slip the garlic cloves and shallots from their skins and serve with the chicken (they also are good spread on toasted bread).

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, A GRILLING AND SOUTHERN FOODS EXPERT AND AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Forget beef and chicken, this leg of goat is worth the hunt

We must address the issue of goat. Plenty of people think it's a little sketchy. But when properly prepared it is crazy delicious, akin to the best dark meat turkey you'll ever taste. You probably won't find it at most mainstream grocers; farmers markets or ethnic markets are where to go to hunt

Ingredients

- 3 large carrots, cut into 2-inch lengths
- 1 medium yellow onion, roughly chopped
- 2 large sprigs fresh rosemary, leaves only
- 4 cloves garlic, chopped
- 1 tsp dried thyme
- 1 tsp fennel seeds
- 1 tsp cumin seeds
- 1 tsp kosher salt
- 1 tsp black peppercorns
- 1/2 tsp smoked paprika
- 1/2 tsp ground dried sage
- 1/2 tsp ground coriander
- 1/4 tsp ground cloves
- 2 tbsp olive oil
- 2 1/4-lb bone-in goat leg
- 2 1/2 cups white wine



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

down this dinner.

1. Heat the oven to 425 F. Arrange the carrots and onion in a Dutch oven.

2. In a mini processor or spice grinder, combine the rosemary, garlic, thyme, fennel, cumin, salt, peppercorns, paprika, sage, coriander and cloves.

Grind until a coarse paste forms, then transfer to a small bowl. Add the olive oil and mix to form a loose paste. Set aside.

3. Use a knife to trim away any fat on the exterior of the meat. Rub the oil-and-spice blend thoroughly over the meat, massaging it into any splits or separations. Set the meat on top of

the carrots and onions in the pot. Pour the wine into the pot (not over the goat, which would wash away the seasoning rub).

4. Set in the oven and cook for 30 minutes. Reduce the heat to 300 F, then cook for another 3 1/2 hours, or until the meat falls away easily from the bone. THE ASSOCIATED PRESS



Looking for romantic bliss? E-dating coaches say they can help. ISTOCK

The course of true love never did run smooth, but would an e-coach help?

Calling in the pros.

Internet dating consultant likens his service to that of a personal trainer

NATALIE SHURE

Metro World News in NYC

Online dating is a reality of the love game, whether you're just looking around or on a serious quest for a lifelong partner.

Sites like OkCupid, Match.com and eHarmony try to make finding someone simple, but they can be disappointing and frustrating.

Now, one solution to the e-dating conundrum is gaining traction — consultants. These pros help clients strategize and punch up their profiles to stand out in the competitive world of digitalized courtship.

"Most people are not very good at online dating," says Evan Marc Katz, dating coach and founder of the e-dating consulting service eCyrano.

Smoke and mirrors

"Online dating gives people the illusion of choice, not actual choice"

Evan Marc Katz, founder of e-dating consulting service eCyrano

"It's like the gym. You don't lose weight by signing up for the gym. That's why people hire personal trainers — to show them how to use the equipment."

eCyrano rewrites clients' profiles based on a lengthy questionnaire and detailed phone call.

Katz, who dated online for 10 years before meeting his wife offline at a party, says his team of freelance writers promise profiles that are more authentic than what most users write for themselves.

He contends that the majority of online-dating fumbles involve unrealistic expectations.

"Online dating gives people the illusion of choice, not actual choice."

It might seem shallow but ...

- Companies like New York Image Consultant offer services that include hairstyling and makeup for photos in a range of outfits and poses, plus Photoshop-ping.
- Consultant Amanda Sanders puts it bluntly: "The reality is, they choose your picture over someone else's because it captures their eye. The text isn't as important as the visual aspect."
- Sanders works with clients who travel to New York for her firm's services. Like Katz, Sanders asserts that her business vastly improves a client's chances.
- As always, though, the face to face date is up to you.

Tax myths that can cost you time, trouble and money

Not true! Falling for these five financial fallacies can get you into quite the pickle



YOUR MONEY
Alison Griffiths
money@metronews.ca

For the past few years H&R Block has been puncturing tax myths gleaned from their free online Q&A service.

It's one of my favourite topics at this time of year. The persistence of these myths is downright amazing.

If you believe them they'll cost you time, trouble and money. Here are some of the most common:

1. Maternity leave and EI income is not taxable.

Income is income and the government always wants its pound of flesh!



Don't be like this guy and give yourself a headache come tax time for believing tax myths. ISTOCK

Be warned, in both cases; Service Canada withholds at less than the lowest marginal tax rate.

Depending on tax credits, you may have tax owing at the end of the year.

2. RRSP contributions don't have to be reported if the deduction isn't claimed.

Even if you aren't claiming a deduction for the contributions, you are still required to record the fact that you made them.

"If you don't claim a deduction in the year it was made, you will have to file for a readjustment, which can be a pain," warns Cleo Hamel, senior tax analyst at H&R Block Canada.

3. Tips are not considered income.

This is an enduring tax myth. Anyone earning tips in any industry is required to report the amount.

For servers, tips may be as much as 100 to 400 per cent of their income, depending on the restaurant.

"I recommend that those in the industry set aside 20 per cent of all their tips for tax purposes," notes Cleo Hamel.

In 2011 Revenue Canada targeted restaurant workers in St. Catharines, Ont.

The average additional tax tab was \$1,500.

4. Students get refunds on their tuition.

In order to get a refund, you need to have overpaid tax during the year.

If a student does not have taxable income, they cannot use their tuition and education credits on their

return.


Note: Students can transfer up to \$5,000 annually to a parent, grandparent or spouse or they can carry forward credits to use in future years.

However, tuition must be recorded on the return

in the year it is paid.

5. Mothers are required to claim the child tax credit.

The lower income spouse, mother or father, must claim childcare expenses. Either parent can claim the child tax credit, the fitness or art credit or the child amount.

**POSITION: Service Technician - Edmonton**

Technic Industries Canada Inc.
7300 Steeles Avenue East, Suite 200
Richmond, BC V6X 1Y7
Phone: 604-274-4333

EDUCATION AND EXPERIENCE REQUIREMENTS

- High school diploma
- Previous tool repair experience preferred
- Effective computer skills
- Must possess effective business communication skills, initiative, and strong organizational skills
- Minimum 3 years' experience in a related field
- Strong team-orientation, must also be capable of working independently

POSITION DESCRIPTION

- Provide best-in-industry service to all customers for Milwaukee power tools
- Assist in ensuring an optimal inventory of parts and accessories to ensure timely tool repairs
- Perform tool repairs and enter information in JD Edwards
- Provide technical support to our authorized service centers
- Continuously develop and maintain strong product knowledge
- Communication with Branch Supervisor on issues and initiatives

All interested applicants please submit resume with cover letter to Human Resources by September 14, 2012 - HRCanada@ttigroupna.com.
Please note in the subject line:
Service Technician - Edmonton.

Ravens scrap Super Bowl allegiances, trade Boldin

NFL. Star wide receiver sent to 49ers just five weeks after competing against them in big game with Baltimore

Here's a Super Bowl twist: A guy who helped Baltimore beat San Francisco for the NFL title is now poised to join the 49ers.

San Francisco acquired wide receiver Anquan Boldin from the Ravens for a sixth-round

draft pick on Monday. Boldin, a star in Baltimore's run to the world championship last season, must pass a physical to complete the deal.

The Ravens announced the trade on Monday, prompting a disappointed response from quarterback Joe Flacco.

"Anquan was a great receiver for myself and for our football team," said Flacco, who signed a six-year, \$120.6 million deal with the Ravens last week. "It's sad to see a guy like that go, but at the same time you

want what's best for him and you just wish him the best of luck.

"Anquan was a big part of this football team, a big part of this offence. He's one of the many reasons we won the Super Bowl this year."

Boldin had six catches for 104 yards and a touchdown in the Ravens' 34-31 Super Bowl victory over the 49ers. Boldin also had five receptions for 60 yards and two scores against New England in the AFC title game. **THE ASSOCIATED PRESS**



Anquan Boldin makes a touchdown catch for the Baltimore Ravens against the San Francisco 49ers in the Super Bowl on Feb. 3. Boldin was traded to the 49ers on Monday. JAMIE SQUIRE/GETTY IMAGES FILE



Flames bow down to Kings

Los Angeles Kings forward Dustin Brown, second from left, scores a goal past Calgary Flames goaltender Joey MacDonald in Los Angeles on Monday night. The Kings won 3-1. HARRY HOW/GETTY IMAGES

Soccer. Canada advances to Cyprus Cup final

Christine Sinclair scored the game's only goal and Canada advanced to the final of the 2013 Cyprus Women's Cup with a 1-0 win over the Netherlands on Monday.

Canada finished in the top spot of Group B with a 3-0 record.

Sinclair scored her 145th career international goal in the 42nd minute.

Canada will now move on to face England.

THE CANADIAN PRESS



Christine Sinclair
THE CANADIAN PRESS FILE

NBA

Irving facing more time on sideline

Kyrie Irving's dazzling skills as a point guard are undeniable.

His durability is debatable.

Irving could miss the next month — and maybe the rest of this season — with a sprained left shoulder, the latest injury to sideline the Cavaliers' all-star guard who has missed 29 games in his first two NBA seasons with injuries.

THE ASSOCIATED PRESS

Base-brawl. Fracas causes concern in Japan

The brawl between Canadian and Mexican players at the World Baseball Classic has caused concern in Japan, where bunting is a big part of the game.

The brawl began in the ninth inning on Saturday when Rene Tosoni was hit by a pitch from Mexico's Arnold Leon after Canada's Chris Robinson reached on a bunt single with his team leading 9-3.

The Mexicans considered it a violation of baseball's un-

Defending champs

Japan is the defending champion of the WBC.

written rule that you don't run up the score late in a game by bunting to get on base. In Japan, players steal bases and bunt late in games regardless of the score because it's considered fundamentally sound.

THE ASSOCIATED PRESS



Horoscopes

Aries

March 21 - April 20

Do something out of the ordinary today, something shocking. With Mars, your ruling planet, moving into your birth sign you don't care who you astonish. You only care that you get noticed.

Taurus

April 21 - May 21

Honesty may not always be the best policy, as you will discover today. If someone asks what you think of something you will tell them, only to find they did not want the truth, they wanted flattery.

Gemini

May 22 - June 21

You need to follow up on an idea. If you don't, you could find that someone else has beaten you to it and you won't be happy. Don't worry that it's not perfect yet, just start.

Cancer

June 22 - July 23

Someone you may not have been on good terms with lately will offer you good advice. Don't be too proud to take it. There is no point in trying to force through changes that are not going to work.

Leo

July 24 - Aug. 23

Whatever you say and whatever you do over the next 24 hours, you must act on the assumption that you are being watched by people in positions of power. Make sure you put on your best front.

Virgo

Aug. 24 - Sept. 23

Social activities will bring a lot of pleasure today and if you don't make any new friends it can only be because your old friends refuse to share you with the rest of the world. It's nice to be popular.

Libra

Sept. 24 - Oct. 23

Just because you can't see the path you should be taking does not mean you should give up. Trust your instincts and let them guide you. They are linked to a higher power that knows what you need.

Scorpio

Oct. 24 - Nov. 22

Try to be constructive in your criticism, even though you may have to look hard to find something positive to say about a colleague who has done something silly.

Sagittarius

Nov. 23 - Dec. 21

You may be eager to get started on something that has fired your imagination but make sure you've done your homework before you commit yourself. It won't only cost you time but money as well.

Capricorn

Dec. 22 - Jan. 20

Don't make too many plans. Conditions are changing fast and you will need to stay flexible if you are going to make the most of approaching upheavals. You have everything to look forward to.

Aquarius

Jan. 21 - Feb. 19

You may have to push yourself to complete certain tasks but it will be an effort worth making. People in positions of authority will be impressed by your sense of duty.

Pisces

Feb. 20 - March 20

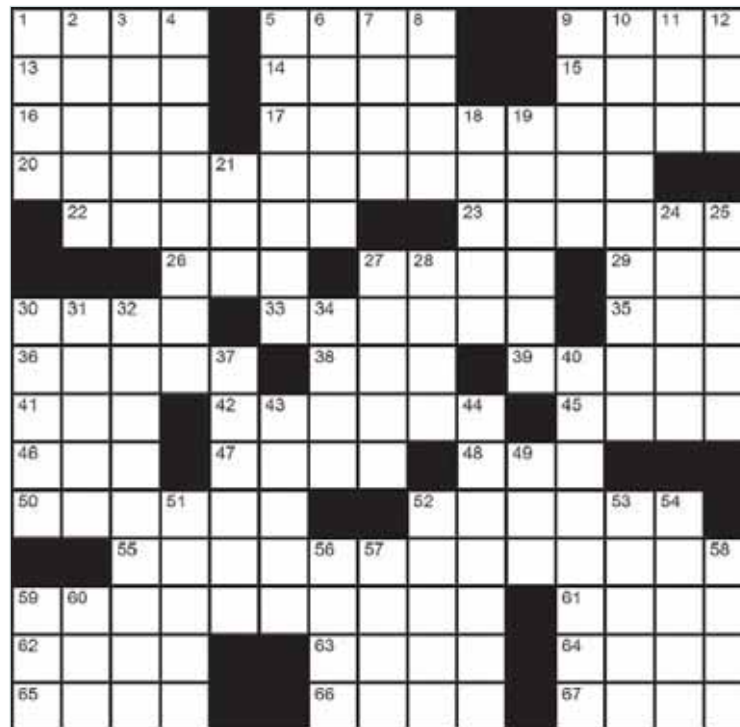
If you desire something strongly enough you will find a way to get it, though it may not arrive in quite the way you intended! Be flexible and be ready to receive what the universe wants to give you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Hoodwink
5. Taxis
9. Bit of Beatles: "I ___ film today, oh boy..."
13. Walk worriedly
14. One of Esau's biblical wives
15. "South Park" co-creator Mr. Parker
16. Celebes buffalo
17. Singer/songwriter Alanis
20. "Girl With a Problem" band from Saskatoon, The ___
22. Prevail
23. ___ Beach, South Carolina
26. 'Angel' add-on (Brad's love)
27. Take a seat tiredly, ___ down
29. 'Event' suffix
30. "Smooth Operator" singer
33. Sacred place
35. Turkey
36. Some speeds
38. '___' for Ottawa
39. Church topper
41. Ms. Zellweger, for short
42. ___ garage
45. Bellowing
46. "Was that ___?"
47. Drove
48. Prefix with 'dermis'
50. Guard
52. Buys
55. PEI to New Brunswick link, ___ Bridge
59. Acadian heroine in Longfellow's epic poem



61. Corn lily
62. Balmy
63. Fewer
64. Naughts
65. Christian of 'Batman' movies
66. Commotions
67. Liza Minnelli's ex-husband DavidT

Down

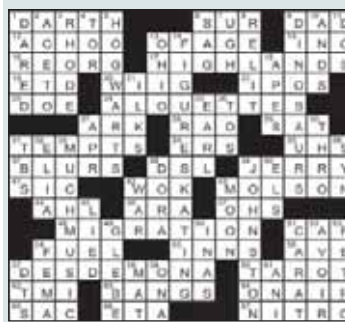
1. Traverse
2. Adventurer's watercraft
3. Squirrel's prize
4. Non-vegan fare: 2 wds.
5. Picture takers
6. Love lots
7. Farm building
8. Transport
9. Ranch animal

10. Creator's cocoon: 2 wds.
11. Soaked
12. Sailor's 'yes'
18. Mr. Cowell
19. Communicates via the Internet this way
21. Attila the ___
24. Sweets shop, ___ Second
25. Respected person

BY KELLY ANN BUCHANAN

27. "The ___ Is Right"
28. Sister on "The Simpsons"
30. Guitar attachment
31. Rogers ___ (Home of the Vancouver Canucks)
32. Telemarketer's foe, National ___ List: 3 wds.
34. Thug
37. Powerful
40. At the photocopier
43. Montcalm's 1759 Battle of Quebec opponent
44. Hold back
49. Soup sort
51. La ___ (Montreal amusement park)
52. Prefix to 'dyne' (Toothpaste brand)
53. Country music's ___ Chicks
54. Dirties
56. 'Cinder' add-on (Fairytale fave)
57. Went out, as a fire
58. Magazine publisher, Conde ___
59. Ambassador's abbr. abode
60. Canadian choo-choo company

Yesterday's Crossword

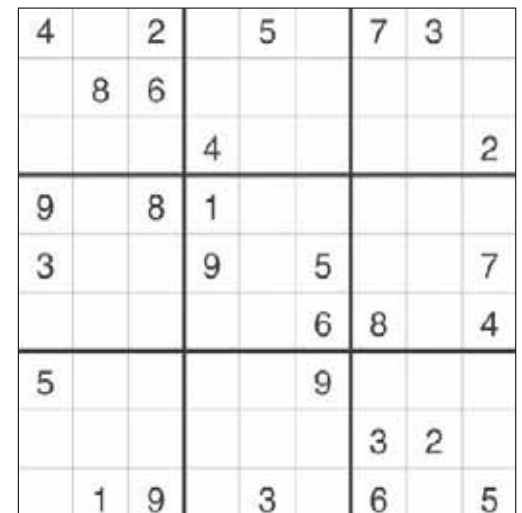


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 1°
MIN: -8°

WEDNESDAY



MAX: -2°
MIN: -2°

THURSDAY



MAX: 3°
MIN: -12°



MICHELE MCDUGALL WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



Adventure!
Teach English Overseas

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

1.888.270.2941
Job Guaranteed!
Next in-class course: April 24th - 28th, 2013
Next Seminar: March 13th, 2013 @ 7pm
Travelodge Edm South, 10320 - 45 Ave
www.globaltesol.com

GLOBAL TESOL COLLEGE
and English Worldwide

How do I become a Dentist?

Explore what you want to be and how to get there.

Visit **CareerBear.com** to learn more

EDMONTON

South Edmonton

Common

(780) 485-9812

Mayfield Common

(780) 489-2255

934 – 91 St. SW, Unit 1B

(780) 485-8044

6031 Gateway Blvd.

(780) 438-2355

10013 170th St.

(780) 408-8917

12302 Stony Plain Rd.

(780) 488-6622

9715 – 137 Ave.

(780) 456-5339

West Edmonton Mall

(780) 484-4758

(780) 443-3040

(780) 413-9855

(780) 483-8838

Southgate Centre

(780) 434-5620

Millwoods

Mainstreet Mall

(780) 440-2812

222 Baseline Rd.

(780) 417-2355

6104 50 St., Leduc

(780) 986-0986

10176 109 St.

(780) 426-2355

City Centre

(780) 421-4540

Sunrise Towne Square,

Spruce Grove

(780) 962-3980

St. Albert, North Hill

(780) 459-0660

Westaskiwin

(780) 352-5246

Kingsway Garden

(780) 471-3807

Londonderry Mall

(780) 476-3266

Northgate Mall

(780) 475-2724

Bonnie Doon

(780) 463-0864

OFFER ENDS MARCH 18

The incredible iPhone 5 at an incredible price.



GET THE
iPhone 5 16 GB
**\$99⁹⁹*
FOR ONLY
with select 3-yr. FLEXTab™ agreements.**

 iPhone 5

\$45/MO. MARCH PLAN

CANADA'S FASTEST WIRELESS INTERNET – ROGERS **LTE**¹

CALL 1 877 738-8049 | [CLICK](#) ROGERS.COM/INCREDIBLEIPHONES | [VISIT](#) YOUR LOCAL ROGERS RETAIL STORE

Available to new and existing customers.

Rogers LTE network available in select cities. See [rogers.com/LTE](#)



Offer available until March 18, 2013 while quantities last and subject to change without notice. Rogers dealers may sell for less. *With new activation or current customer device upgrade on any 3-year Talk, Text and Internet plan having min \$45 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXTab balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time activation fee up to \$35 (varies by province) may apply. ¹ Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit [rogers.com/LTE](#) for coverage. For full details on the Rogers Smartphone Advantage, visit [rogers.com/freedomadvantage](#). ©2013 Rogers Communications.